



Crispy Chicken in Sweet Teriyaki Sauce

with rice and pan-fried broccolini

Family 35 – 40 mins

5



Chicken Breast



Jasmine Rice



Teriyaki Sauce



Broccolini



Sweet Chilli Sauce



Mayo



Garlic



Breadcrumbs

Pantry Items: Salt, Oil, Pepper, Water



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, pot with lid

Ingredients

	2P	4P
Chicken Breast	320 g	640 g
Jasmine Rice	150 g	300 g
Teriyaki Sauce	1 sachet	2 sachets
Broccolini	150 g	300 g
Sweet Chilli Sauce	1 sachet	2 sachets
Mayo	2 sachets	4 sachets
Garlic	1 unit	2 units
Breadcrumbs	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	414.8 g	100 g
Energy (kJ/kcal)	3161 kJ/ 755 kcal	762 kJ/ 182 kcal
Fat (g)	14.8 g	3.6 g
Sat. Fat (g)	2.2 g	0.5 g
Carbohydrate (g)	106.2 g	25.6 g
Sugars (g)	22.1 g	5.3 g
Protein (g)	51.2 g	12.3 g
Salt (g)	4 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Any questions? Contact our customer care team at hellofresh.ie/about/faq

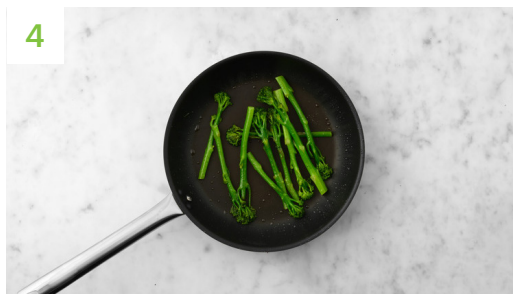


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Cook the Rice

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 12 mins.
- Remove the pot from the heat and keep covered for another 12 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Pan-fry the Broccolini

- Trim the **broccolini**. Peel and grate the **garlic** (or use a garlic press).
- When the **chicken** has 10 mins of cooking time left, place a pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **broccolini** until starting to char, 2-3 mins.
- Stir in the **garlic**, lower heat to medium and cook for 1 min. Add a splash of **water** and cover with a lid or some foil.
- Cook until tender, 4-5 mins. Remove from the pan, set aside and cover to keep warm.



Crumb the Chicken

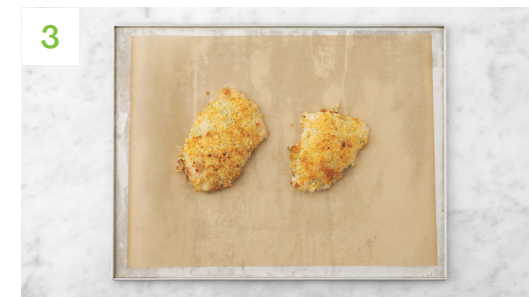
- In a bowl, mix **breadcrumbs** with 2 tbsp **oil** (double for 4p). Season with **salt** and **pepper**.
- Pop the **chicken** on a lined baking tray. Season with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw **chicken**.
- Spoon the **mayo** over the top of the chicken.
- Top with the crumb. Press down firmly with the back of a spoon.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging used to keep it fresh.



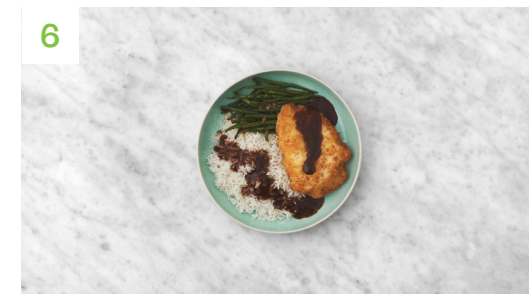
Warm the Sauce

- Return the pan to medium-high heat.
- Add the **teriyaki sauce** along with a splash of **water**.
- Cook, stirring, until warmed through, 1 min.
- Remove from the heat and stir through the **sweet chilli sauce**.



Cook the Chicken

- When the oven is hot, place the **chicken** on the top shelf.
- Bake until cooked through and golden on top, 25-30 mins. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.



Finish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Serve the pan-fried **broccolini** and crumbed **chicken** alongside.
- Drizzle the tangy **teriyaki sauce** over the **chicken** and **rice**.

Enjoy!